

# Table Group

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*Week of July 26, 2021*

## Ephesians 4:1-16

Therefore, as a prisoner for the Lord, I encourage you to live as people worthy of the call you received from God. <sup>2</sup> Conduct yourselves with all humility, gentleness, and patience. Accept each other with love, <sup>3</sup> and make an effort to preserve the unity of the Spirit with the peace that ties you together. <sup>4</sup> You are one body and one spirit, just as God also called you in one hope. <sup>5</sup> There is one Lord, one faith, one baptism, <sup>6</sup> and one God and Father of all, who is over all, through all, and in all.

<sup>7</sup> God has given his grace to each one of us measured out by the gift that is given by Christ. <sup>8</sup> That's why scripture says, When he climbed up to the heights, he captured prisoners, and he gave gifts to people.

<sup>9</sup> What does the phrase "he climbed up" mean if it doesn't mean that he had first gone down into the lower regions, the earth? <sup>10</sup> The one who went down is the

same one who climbed up above all the heavens so that he might fill everything.

<sup>11</sup> He gave some apostles, some prophets, some evangelists, and some pastors and teachers. <sup>12</sup> His purpose was to equip God's people for the work of serving and building up the body of Christ <sup>13</sup> until we all reach the unity of faith and knowledge of God's Son. God's goal is for us to become mature adults—to be fully grown, measured by the standard of the fullness of Christ. <sup>14</sup> As a result, we aren't supposed to be infants any longer who can be tossed and blown around by every wind that comes from teaching with deceitful scheming and the tricks people play to deliberately mislead others. <sup>15</sup> Instead, by speaking the truth with love, let's grow in every way into Christ, <sup>16</sup> who is the head. The whole body grows from him, as it is joined and held together by all the supporting ligaments. The body makes itself grow in that it builds itself up with love as each one does its part.

What are your gifts? Don't be shy, name a quality or ability that generally comes easy to you. How have you experienced God use your gifts to build up the body of Christ?

*Ponder these questions and share as you are comfortable:*

- *What known sins have you committed since our last meeting?*
- *What temptations have you met with?*
- *How were you delivered?*
- *What have you thought, said, or done, of which you doubt whether it be sin or not?*
- *Have you nothing you desire to keep secret?*